

Melissa's Market Update

@MelissasProduce



Week of 07/29/2024



Tiger Stripe Figs



Organic Black Mission Figs



Crepe Snax™

FEATURED ITEMS:

- **Tiger Stripe Figs (USA-CA):** Beautiful vibrant flesh; slice into quarters for salads, platters and garnishes. Good supplies thru September.
- **Organic Black Mission Figs (USA-CA):** Delicious served as an hors d'oeuvre stuffed with cream cheese. Good supplies thru September.
- **Crepe Snax™:** New! Year round availability on this sweet crêpe filled with real fruit! No high fructose corn syrup; made with real sugar and no artificial flavors.
- **Organic Ataulfo Mangos (Mexico):** Sweet, juicy and perfect for smoothies, desserts, or snacking. Good supplies for the next 2 weeks.
- **Candy Sweets® Grapes (USA-CA):** Good supplies thru August on these super-sweet delicious grapes.
- **Green Tomatoes (Canada):** Popular for pickling, frying, and salads. Year-round availability with good supplies now.
- **Organic Brussels Sprouts (Mexico):** Enjoy shredded into fresh salads, as an appetizer, or a delicious side. Moderate supplies to start with availability thru Nov.
- **Organic Zucchini Squash (Mexico):** Slice into sticks, and use for dipping or fry for a delicious treat. Good supplies now with year-round availability.
- **Organic Yellow Squash (Mexico):** Delicious when sautéed, or added to salads. Good supplies now with year-round availability.
- **Organic Cucumbers (Mexico):** Add refreshing flavor and crunch to salads, platters, and snacks. Year-round availability with good supplies now.
- **Organic Hard Squash (USA-CA):** Enjoy in soups, casseroles and sides. Good supplies thru December.

GOOD SUPPLIES:

FRUITS

- Finger Limes (USA-CA)
- Kumquats (Chile)
- Starfruit (USA-FL)
- Red Tamarillos (New Zealand)
- Variety Melons (USA-CA)
- Figs (USA-CA)
- Grapes (USA-CA)
- Dragonfruit (Ecuador)
- Passion Fruit (USA-FL)
- Strawberry Papaya (Brazil)
- Rambutan (Guatemala)
- Cherimoya (Chile)



Organic Ataulfo Mangos



Candy Sweets® Grapes



Green Tomatoes

ORGANIC FRUITS

- Heirloom Figs (USA-CA)
- Plum Bites (USA-CA)
- Peaches (USA-CA)
- Nectarines (USA-CA)
- Plums (USA-CA)
- Papaya (Mexico)
- Avocados (Mexico)
- Grapefruit (USA-CA)
- Limes (Mexico)
- Valencia Oranges (USA-CA)



Organic Brussels Sprouts

ORGANIC VEGETABLES

- Ginger (Peru)
- Baby Potatoes (USA-CA)
- Cucumbers (Mexico)
- Tomatoes (Mexico)



Organic Butternut Squash

COMING SOON:

- Asian Pears (USA-CA)
- White Asparagus (Peru)
- Purple Asparagus (Mexico)
- Organic Bell Peppers (Mexico)
- Org. Muscato™ Grapes (USA-CA)
- Org. Jelly Drops® Grapes (USA-CA)



Organic Zucchini



Organic Yellow Squash



Organic Cucumber



Organic Spaghetti Squash



Organic Acorn Squash

Hatch Peppers

